

Romans12two Handbook Framework

Part I - Defining Romans12two

- **Executive summary** - Romans12two Men's Ministry is a faith-based organization based in Hutto, TX in Williamson County. As a parachurch our mission is to *disrupt demand through discipleship* and our vision is to *heal families and society by transforming the minds of men into the mind of Christ through discipleship within a community of warriors for the Kingdom of Heaven.*
 - **Mission statement**
 - Disrupt demand through discipleship
 - **Vision statement**
 - Healing families and society by transforming the minds of men into the mind of Christ through discipleship within a community of warriors for the Kingdom of Heaven.
 - **Mission field** - Romans12two's mission field is the minds of men, specifically Judeo-Christian men of faith, followers of Jesus - men who profess Him as Lord, who love Him deeply, and desire to be more like Him yet find themselves caught in a trap of the enemy.
 - Judeo/Christian men

The Need, research shows:

 - 70% of Christian men are caught in sexual bondage
 - 50% of Christian pastors are caught in sexual bondage, of those only 30% have someone to talk to about it
 - Just 7% of churches have a program designed to help men get free from sexual bondage & porn addiction, unwanted sexual behavior and immorality.
 - Resulting in 34 Million men in the US alone left on their own in a losing battle.
 - **Program overview** - We offer a variety of resources and support services to help men break free from addiction and reclaim their lives. These include a core curriculum sequence done in small groups, numerous "elective" curricula also done in a small group setting, personal sponsorship, podcasts, scholarship opportunities promoting the inclusion of licensed professional counseling and coaching, and various fellowship opportunities aimed at creating a tight-knit community of support.

Part II - Ministry Plan

- **Expanded Executive Summary**

- We are dedicated to supporting men who are struggling with addiction to pornography, sex, or other addictions including alcohol and drugs. These addictions can be traced back to the wounds of trauma. Our mission is to break the cycle of addiction and help men find healing and restoration through the power of Jesus Christ. We understand the immense pain, suffering, and shame that often results from trauma. We are committed to providing a supportive and compassionate community to facilitate that healing journey.

- **Origins of Romans12two Men's Ministry**

- About us
 - **Christopher:** "2012 marked the lowest point of my life, my rock bottom, and my choice to turn back to the ways of the world, but God! He never left me nor forsook me, even thinned the veil to use a radio to send a message, "Son, you are caught in a trap!" Jesus then sent my Ezer, ally in battle, Tiffany Ann to help me fight for my truest self. On our wedding day 9/26/14, I vowed to no longer be the old self, short cutting, flesh serving "Chris" and with her help, mature to "Christopher" image bearer of Christ.

The vision was cast but the gravitational pull of the strongholds of the Enemy lured me back into my "Chris" ways and within a few months was again in jeopardy of losing another marriage. January 10, 2015 while still drunk, I drove a spiritual stake in the ground marking the last time I drank alcohol, drugs, abused women through exploitative pornography and womanizing flirtations.

That same month the next year, the Holy Spirit led us to Partners Against Child Trafficking where I served as the Outreach Director. Through PACT I met Cynthia Borsellino, a survivor of sex trafficking, and was introduced to the organization Fight the New Drug which focuses on breaking porn addiction. This then led to the Conquer Series being brought to the men at Hutto Bible Church in 2016. The instant that DVD started to play, I knew the Spirit was making it clear this was it - this 2-5 year plan to demolish the demonic stronghold of sexual bondage was what God had been preparing me for. The missing element was discipleship which we have filled with our mission to *disrupt demand through discipleship*."

- **Isaac:** It was the summer of 2017 the world I knew was ending due to the fact I didn't deal with the trauma of my past and it had caught up to me. I was going through a divorce in my first marriage and I knew I had to do something different. I reached out to Christopher and we started meeting

one-on-one, and on July 22nd 2017 I finally put my spiritual stake in the ground. This is when I took a stand and said “No more! Enough is enough!” At the core taking this stand is what Christ taught us about face to face relationships, which creates an opportunity for us to be open, honest and vulnerable. The first book we discussed was “Every Man’s Battle”, and in that book I discovered Matthew 5:28 “if you so look at a woman lustfully you’ve committed adultery with her in your heart”. At this point I knew I really wasn’t faithful to my children’s mother so I started going to counseling. There I was asked to pray for a word from the Lord and the word I received was “humble”. With this word it started breaking down the pride and the false self of “big bad Ike”. I began going to Hutto Bible Church and it was there that we had our first Conquer Series. It wasn’t until our second Conquer Series, four months after I put my spiritual stake in the ground, that Christopher spoke encouraging words to my warrior’s heart for Christ. It was from there that I committed to the process of becoming a wholehearted true disciple of Christ. Listening to the Wild at Heart app on “Becoming Good Soil” increased my will to follow through on my commitment to ten years of excavation. John Eldridge said in the book Wild at Heart, “Every man is a warrior inside but the choice to fight is his own.” From then on I knew I just had to keep showing up.

- **Nicholas:** “When I first got into the Conquer Series, it was like drinking from a fire hose. It was a lot of information coming and a lot of emotion to process. When I first heard Dr Ted Roberts say it’s going to be a 2-5 year process “with a miracle every day”, my reaction was “challenge accepted!” I thought, “2-5 years? Let’s see if we can knock it out in one!” My attitude started as “knock it out in one year”, then it moved to “well, ok maybe 2-5 years is legit, but closer to 2 than to 5”, then I realized around year 3, “maybe 2-5 years is legit,” next I came across Wild at Hearts notion of “it’s actually a decade of excavation”. Now, here I am well over 7 years into my journey and as I approach the end of my first decade, I am convicted and convinced that this warrior life that is chosen only ends when I pass on to Eternity or Jesus comes back. Until then I will never have “arrived” and cannot lay down my sword! Romans 12:2 is the “community of warriors for the Kingdom of Heaven” that, through discipleship, helps me keep my head bowed, my sword sharp, and my will surrendered in obedient faith. But it is not a 12-week curriculum that brings healing and restoration. It is not a short-lived small group that bears eternal fruit. It’s a commitment to a long-term process, a long obedience in the same direction.”

- **Organization structure**

- 501(c)3
- Board of Directors
 - 5 member minimum Board
 - Board Officers: President, Treasurer, Secretary
 - Executive Director, Director of Outreach, Creative Director/Director of Communications
- Committees
 - Financial Oversight Committee
 - Fund Development Committee
 - Communications Committee
 - Events & Programs
 - Strategic Planning Committee
- Board of Directors>CORE Leadership/Elders>"Servant Leaders" [Flight Leaders>Pilots>Co-pilots]>Participants

- **Programs/Outreaches/Ministry Offerings**

- Small groups/Cohorts
 - Curriculum sequence
 - Orientation: These orientations are designed to give an overview of Romans 12:2, our 3 year & 15 days plan and the current state of the "Big C" Church in America, specifically, the historical development of the typical practices of discipleship. We define "costly" discipleship and give actionable steps towards achieving it based on Jesus's model of 12-3-3, within the context of sanctification in and out of sobriety.
 - 101 - *Conquer Series*: A 12-week small group course offered by Soul Refiner, a partner ministry who is a frontrunner in Christ-centric neurological addiction recovery and has helped thousands of men identify and overcome sexual and/or pornography addiction.
 - 201 - *Warpath*: A 29-week small group course also offered by Soul Refiner and Dr. Doug Weiss, a leading figure in the world of neuroscience, counseling, and Christ-centric treatment of addiction.

- 301 - *7 Pillars of Freedom*: A 40-week small group course offered by Pure Desire Ministries, founded and led by Dr. Ted Roberts. This course is designed to further the healing process that begins in 101 and 201. Here participants learn how to sustain sobriety and address other strongholds of the enemy as they become more equipped to fight the battle of spiritual warfare.
- 401 - *Discipleship for Leadership*: A minimum 16-week leadership level course following the curriculum written by Bruce Ewing. Accompanying the curriculum, participants will read various additional material designed to parallel a seminary-level course. This course is designed for leaders-in-training. We zero in on “costly discipleship,” what it is, and how to apply it in this highly consumeristic modern day.
- Our “elective” curriculum includes the following (and growing):
 - *Wild at Heart*, John Eldredge, Wild at Heart ministry
 - *Fathered by God*, John Eldredge, Wild at Heart ministry
 - *Becoming a King*, Morgan Snyder, Become Good Soil & Wild at Heart ministry
 - *Stronger Together*, Soul Refiner
 - *Betrayal & Beyond*, Pure Desire Ministries
 - *Untangling Relationships*, Pat Springle
 - *Non-violent Communication*, Dr Marshall Rosenberg
 - Be Not Conformed Fellowship and Conference Call
 - Be Transformed Radio Show podcast
 - 3rd Friday Fellowship
 - Hoops Fellowship
 - Retreats
- **Operational Theory -**
 - *P.O.P.S. Culture - Romans 12:2 aims to maintain a Jesus-centric approach founded on Biblical principles. Our goals are to be intentional, vulnerable, authentic, raw, and compassionate which, we believe, flies directly in the face of conventional wisdom and today’s pop culture. Instead of “pop” culture, we adhere to P.O.P.S. culture which stands for the following:*
 - **P** - Plank: Matthew 7:5 commands us to take the plank out of our own eye first before we address the speck in our brother’s eye. With that in mind we promote leading with your plank first. Romans 12:2 men speak, teach, and lead through personal testimony first and foremost.

- **O** - Obedience: Luke 6:46 and 2 Corinthians 10:5-6 tell us that there is an obedience required of us. 2 Corinthians focuses on the thought life as it is thoughts that lead to words that lead to actions that lead to habits that lead to character that leads to destiny that leaves a legacy.
- **P** - Proactive: In Genesis 3:6 we learn the whole time Eve was having the interaction with the serpent, Adam was right there with her...what was he doing?! The passivity of Adam has been passed down through generations of men and we look to fight against that curse of Adam's passivity by being proactive. Romans 12:1 urges us to present our bodies as a living sacrifice. Romans 12:2 two men are in a process beginning with identifying and naming the false self and in its place we are excavating and becoming the *imago dei*, the image of God in which we were made - our true self.
- **S** - Sword: As Ephesians 6 instructs us to put on the Armor of God, in verse 17 we are given one offensive weapon - the Sword of the Spirit. Romans 12:2 two men take up the Sword of the Spirit, which is the Word of God, by reading, studying, meditating on, and memorizing scripture. This develops new neural pathways in the brain so that, when we are triggered by trials and are tempted to go "limbic," a spring of living water flows out of the abundance of our hearts.
- *Romans 12:2 Progression* -
 - ID → Train → Become
[Lead → Sage]

This model outlines the following progression:

ID -

- Identifying he has a problem
- Recovering his true identity, the man God created him to be

Train -

- Training & battling to overcome the problem

Become -

- Leading others towards recovery & restoration
- Ruling & reigning over recovered territory
- Being recognized as a wise & recovered man of God
- A leader of leaders

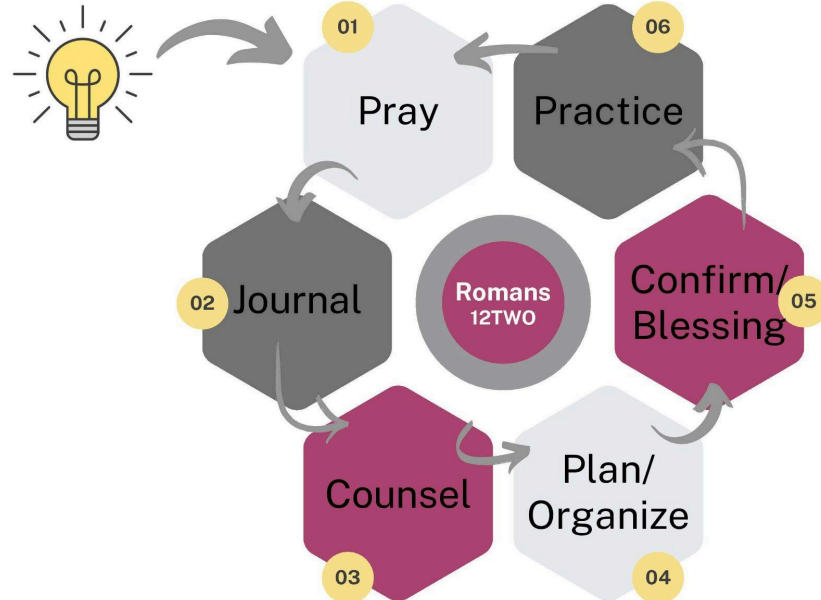
- This sequence mirrors a sequence that we find in John Eldredge's book *Fathered by God*
 - Boyhood

- Cowboy
 - Warrior
 - Lover
 - King
 - Sage
- The Fathered by God stages of life have been used to inform Romans12two's Operational Theory progression. Just as our Founder, Rev. Christopher Leschber found himself in his late thirties as a 'boy in a man's suit' with his 'kingdom' crumbling down all around him, the men we serve often find themselves in the same situation. "Takes one to know one" applies here, yet the hard fought path from "cowboy" to "sage" has been accomplished and can be replicated, through our discipleship process.
- *Levels of Interest/Participation - Romans12two Men's Ministry looks to move men from different levels of interest and participation as follows:*
 - *Cosmos* - "Cast a wide net."
 - Typically, but not limited to, Judeo-Christian men
 - Trapped with unwanted sexual behavior
 - *Curious* - "Want to know more."
 - Rotten fruit on display
 - Desiring more
 - Overwhelmed, overcommitted, and in crisis
 - *Convicted* - "Ya, let's talk."
 - Sees connection between trauma and rotten fruit
 - Implementation phase
 - *Committed* - "Howdy, partner."
 - Surrendered to the long-term process
 - Employing DNAs
 - On-mission
 - *Co-laborer* - "Let's go to work."
 - Disciple-maker
 - Financially invested

For a more in-depth definition of each of these levels of interest and participation and what each level may look like, please refer to the Definitions section in our Appendix.

- *Romans12two Idea/Communication Process*
 - Idea → Pray → Journal → Counsel → Plan/Organize → Confirm [Blessing] → Practice

Idea Process



Part III - Participant Guide

- **Practical Expectations**
 - Sponsorship
 - Sobriety/relapse
 - Discipleship model
 - 1:1
 - 12-3-6-9
 - Drawing out your group
 - DNAs (Disciplines Nurtured Actively)
 - Journaling
 - SWORD drills
 - FASTER scale
 - Check-ins
 - DPTs (Dedicated Pockets of Time)
 - Scripture Memory
 - Days of sobriety

Part IV - Leader Guide

- **Practical Expectations**

- Group Structure

- *Idea Process* - Has this idea gone through the Romans12two Idea Process (see image of Idea Process) and has it been consequently brought to CORE and approved? If not, what stage of the idea process is it in and what is the plan to complete the idea process? If so, great! Let's get started!
 - *Day, time, location, duration*
 - *Agenda/Schedule* - what will be the group structure? What time will it start? What time will it end? What time will the VC be? Will you provide a break in the middle? Below is an example agenda from one of our previous groups:

WP7 Agenda/Schedule	
6:00-6:25	Leaders final prep
6:25-6:30	Arrive on time
6:30-6:35	Welcome & pray in
6:35-7:00	Highs & lows/speak life
7:00-7:25	WP Accountability section
7:25-7:30	Break
7:30-7:50	Vision Cast
7:50-8:20	WP Discussion questions section
8:20-8:30	DNAs & +1s
Benediction & dismissal	

- *Vision Cast (VC)* - Vision Casting is a time where someone gets to share from their experience in terms relative to the material being covered in the group where they see God has brought them, what He is doing in their lives now, and where He can and will take them. This is a means of casting vision for participants by sharing hope derived from personal experience. The core elements of an effective vision cast are:

- **Plank-first** We always operate from a plank-first perspective speaking from personal experience and seeking to avoid teaching (although this does happen through the process of sharing) and advice-giving.
- **Biblically-based** Everything we do in Romans 12:2 from the curriculum we utilize to the vision casts we share should be solidly based in Biblical truth. Therefore, each vision cast should have at least one scripture tied to the truth we are sharing.
- **Forward-facing** It's in the name "vision cast"...we cast a vision for how God can use what we are discussing to further our personal spiritual, emotional, sexual, intellectual maturation as well as how our continued restoration and sanctification can be used to bring Him glory.

Additional elements of a vision cast that are helpful, but not essential, are slideshows, video clips, audio clips, song lyrics, visual aids, demonstrations, and the like.

- *Core Curriculum vs Elective* - for core curriculum groups, meetings will be 2 hrs, once per week at a predetermined location and time, and will have a duration corresponding to the curriculum level (i.e. 101 *Conquer Series* is 12 weeks, 201 *Warpath* is 29 weeks, etc). However, for elective groups, meetings typically will follow a similar structure, but does not have to be 2 hours, should most likely still meet weekly, and the time, location, and duration of the group will be determined by the leaders before group starts, but are typically shorter in duration (i.e. *Wild at Heart* is 8-10 weeks, *Becoming a King* is 8-10 weeks, etc).
- Group Guidelines
- Sponsorship
- Sobriety/relapse
- Discipleship model
 - 1:1
 - 12-3-6-9
 - Drawing out your group
- DNAs (Disciplines Nurtured Actively)
 - Journaling
 - SWORD drills
 - FASTER scale
 - Check-ins
 - DPTs (Dedicated Pockets of Time)
 - Scripture Memory
 - Days of sobriety

Part V - Volunteer & Employee Handbook

- Stick with what Dr April & Christopher have already written for this

Part VI - Appendix/Resources (?)

- **Definitions**

- *What is a Romans12two man?*

- *Levels of interest/participation -*

Cosmos>Curious>Convicted>Committed>Co-laborer

- *Cosmos* - "Cast a wide net." Someone in this tier is in the general population of our ministry's target audience, which is mainly, but not exclusively, Judeo-Christian men. Therefore, we would mostly identify men who to some degree or another would call themselves a "Christian" or a "believer," claiming to believe in the triune God of the Bible - God the Father, God the Holy Spirit, and God the Son, Jesus Christ. This person would identify Jesus Christ as their Savior and Lord. These men may not necessarily be seeking out help with sexual sin, help with any kind of addiction, deeper discipleship, or Romans12two Men's Ministry in particular. In fact this person most likely would not even admit that he is an addict of any kind. Rather, they are connected to Romans12two by being in the sphere of influence of the ministry in some way by any varying degree.
- *Curious* - "Want to know more." Someone in this tier is someone who has had some level of exposure to understanding the effects of childhood trauma, fatherlessness, broken identity due to lies of the enemy, medicating pain, sexual addiction, and/or has experienced a lack of deep, Biblical discipleship. They have experienced Matthew 7:16-18 "By their fruit you will recognize them...A good tree cannot bear bad fruit and a bad tree cannot bear good fruit." Some of the rotten fruit of their trauma, brokenness, and bad choices are on display in their lives. They have an inkling that God designed us and this world to operate differently and want to see if they can find some answers to their questions with Romans12two Men's Ministry. The man in this tier is seeing something transcendent in the lives of the men in our ministry and wants to experience that transcendence but does not yet know how. He is typically overwhelmed, overcommitted, his yes is not his yes, and often in crisis.
- *Convicted* - "Ya, let's talk." The man in this tier has begun to see the connections between our trauma, our actions, the consequences of those

actions, and the rotten fruit that has been on display. This man knows the wrong, knows the “answers,” and wants to make the changes. He is in the implementation phase of this process - he needs help making the necessary changes to reap the fruit he wants to see in his life as opposed to the rotten fruit he’s been experiencing. It all makes sense to him, now he is at Jeremiah 6:16, “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.” He now must choose to walk in one way or another. He wants to choose the narrow road, but needs a community to help him do it. In this tier he is choosing whether or not Romans12two Men’s Ministry is the community he needs to do that for him. The man in this tier is not going to be implementing all of our disciplines, but is starting to. He is learning to follow the model of DNAs (Disciplines Nurtured Actively) that we adhere to based on what we see in Scripture. He is beginning to understand Hebrews 12:11, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” He has identified the connection between discipline and pain and the harvest of righteousness and peace. He should begin implementing our model by beginning to experience one-on-one discipleship and being intentional about creating DPTs (Dedicated Pockets of Time) to proactively prioritize spiritual disciplines and DNAs.

- *Committed* - “Howdy, partner.” Someone in this tier of our community not only has the understanding of our woundedness and how the enemy uses those wounds to attack our identity, and how we utilize things to medicate the pains of those wounds, but they have identified those things in their lives and are working to replace them with Biblical truth from God. They are someone who has bought into the community, the discipleship, the long-term process of excavation, substitution, and sanctification. They understand that we are not perfect and will not ever be until the day we cross over to Eternity or Jesus returns, but until then, we have a calling to submit to the work of the Holy Spirit at work in us, around us, and through us. The man in this tier has surrendered to that process within the context of the Romans12two Men’s Ministry community and our process of a long obedience in the same direction to daily live in discipleship as outlined by God and modeled by Christ in Scripture. The man in this tier is beginning to utilize our discipleship model by working to employ the DNAs that our model outlines. These include DPTs, SWORD drills or Lectio Divina, journaling, and scripture memory, among others. This man is actively engaged in a one-on-one discipleship relationship and is beginning to consider himself on-mission to replicate with other men around him.

- **Co-laborer** - “Let’s go to work”. The man in this tier of participation is ready to go to work. He not only understands all of the aforementioned trauma, woundedness, identity, etc, but he has surrendered to the call on his life to be a disciple-maker. Matthew 28:18-20 calls us to “go and make disciples” and the man in the “Co-laborer” tier is on that mission with us. He has experienced discipleship within our community. He is committed to the process we believe God has outlined in Scripture and Jesus modeled with the 12 Apostles and more intimately with the three - Peter, James, and John. This man is in a consistent one-on-one discipleship relationship that meets minimum bi-weekly. He is active in our community by participating in other programs such as the Be Not Conformed Fellowship Calls on Wednesday mornings, our small group offerings of our core curriculum, or is an active participant or co-pilot for our elective small groups. This person employs the DNAs of our discipleship model outlined above. He is also utilizing the tools of discipleship in our model we have developed from our understanding of Scripture including the 12-3-6-9 and drawing out their group. The person in the “Co-laborer” tier is financially invested in supporting our ministry.
- **Servant Leaders** -
 - **Flight Leader** - A flight leader is someone who is guiding a Pilot, Co-pilot, and group through the process of healing and restoration. A flight leader is someone who has been through the curriculum, has “graduated” as it were from that curriculum, and who has led the curriculum once before. This is a seasoned veteran, if you will. This is someone who is further down the path and has shown good fruit in the sanctification and restoration process. The flight leader is responsible for communicating with Pilots and Co-pilots who are directly leading the groups regarding group expectations, guidelines, SOPs, and best practices. The flight leader is more of a mentor to Pilots and Co-pilots.
 - **Pilot/Co-pilot** - Our small groups are led by a pilot and a co-pilot. We see this modeled by Jesus in Mark 6:7 when he sent out the disciples two by two. This model also helps us keep our leader-to-participant ratio to our desired maximum of 1:6 and ensures that we can effectively implement real discipleship and mentorship. The pilot is someone who has completed the curriculum and effectively graduated from that curriculum. It is not imperative that the co-pilot have completed the curriculum, but ideally they would have. The co-pilot could be someone who has been identified as a potential leader by the ministry leadership and is in training for leadership with the guidance of an experienced pilot.

- *CORE Leader*

A CORE Leader is someone who has completed all four of our core curriculum courses and is assuming more of an “eldership” leadership position within our community. This person has leadership experience with at least one, if not all, of our 101 Conquer Series, 201 Warpath, or 301 Seven Pillars of Freedom courses. A CORE Leader has shown commitment to Romans 12:2 Men’s Ministry by committing time through participation in top-of-the-funnel functions such as Hoops Fellowship or Be Not Conformed Fellowship. A CORE Leader could be a member of our Board of Directors, but is not necessarily a current board member, and this is not a requirement to be a CORE Leader candidate. One of the hallmarks of a CORE Leader is a depth of relationship with other CORE Leaders in the ministry mainly through depth of relationship achieved by consistent discipleship/accountability relationships over a significant amount of time, as well as the duplication of that process in their own lives. They are disciples and disciple-makers.

- *Sponsor*

As a ministry that addresses forms of addiction, we operate under a sponsorship model. In the Bible, this is referred to as discipleship. As a discipleship-focused ministry, we acknowledge the necessity for mentorship and guidance through this process. For the purposes of this ministry, a sponsor is someone who either has invited a participant to be a part of our ministry or is a mentor or discipler to the participant through the process or both. As Dr. Ted Roberts of Pure Desire Ministries notes, “you were wounded in community, so you have to heal in community”. That community begins with someone who is further down the path of discipleship and sobriety. This person is personally meeting with the participant to guide him through the process. A sponsor will do many things including go through core curriculum groups with the participant, engage in a one-on-one discipleship relationship with them, meet with them in-person a minimum of once per month and preferably every other week, have weekly check-in calls, be an ear to listen when they need to talk, be a shoulder to cry on when they need to cry, and be a mouthpiece for truth when they need to hear it, and truly do life together with the participant, not just a once per week meeting partner. This is NOT a position of authority, however, it is a position of regard for spiritual and emotional maturity and one of shepherding through shoulder-to-shoulder daily battle and plank-first guidance.

- *Sobriety/relapse*

relapse is not just a repeat of unwanted self-behavior, it is more than that. Relapse is returning to the places we promised God, ourselves, or others we wouldn’t go back. As someone in the process of restoration from the bondage of sexual sin, a relapse may consist of looking at pornography again or self-behavior again. These types of actions would surely constitute a relapse. However, for someone in this type of scenario, indulging a fantasy thought about

a woman at the gym might also constitute a relapse for someone if that behavior in the past was a direct predecessor of self-behavior. The focal point of this type of measurement of relapse is that we are not only after behavior modification, but rather after the healing of the underlying wounds that were the source of our medicating behavior in the first place. Heal the wounds and the desire to medicate decreases. We don't just want to help men stop certain behaviors only to trade one addiction for another. We want to help men heal themselves so that the desire to medicate pain becomes as minimal as humanly possibly this side of Eternity.

- *Discipleship model*

Our ministry model is based on discipleship. Discipleship is the core of what we observed in the life of Jesus as he walked through his three or so years of ministry with the twelve apostles. It is not totally characterized by a teacher-student relationship, however there are elements of discipleship in such a relationship. A teacher is one who passes on knowledge to the student that should the student employ said knowledge, he should see success. It's an academic passing on of knowledge. We know that discipleship is more than that. It is not totally characterized by a leader-follower relationship either. In such a relationship, a leader moves in the direction of his goal while the follower follows in his footsteps, doing what he has done and stepping where he has stepped. Even the twelve apostles called Jesus "rabbi". In their day and time, a student followed a rabbi and was known by the dust on their person that came from following closely their rabbi. There are elements of discipleship in such a relationship, but as we know it is more than even that. Discipleship is also not totally characterized by an employer-employee relationship. Such a relationship sees the employer handing down directives and instructions to the employee, not necessarily obliged to do what it is he is requiring of the employee to do. The employer has power and authority. The employee does not and must do what he is told to do or face the consequences of disobedience. There are elements of such a relationship in discipleship, but does not totally characterize the discipleship relationship. Discipleship, true discipleship, contains elements of all of these types of relationships but is more than just that. As we see in the model of Jesus, a discipleship relationship does pass on knowledge, does give the disciple someone in whose footsteps he should follow, does give instructions and directives that he should obey, but our Lord Jesus did not lord his Lordship over the disciples. As Philippians 2 describes, Jesus, who is God, did not consider equality with God a thing to be grasped, but made himself nothing taking the very nature of a servant. Deciding to put on flesh and become fully man, he humiliated himself as God and became obedient to death on a cross. He set an example of not dictating rules, not "do as I say", but in condescending himself, coming alongside us, taking the lowest seat, becoming the greatest servant. Discipleship, according to Paul in 1 Corinthians 11:1, was summarily described as "Follow my example, as I follow the example of Christ." God's Kingdom is an upside down

world from this world. In His Kingdom, if you want to be great, you must become a servant, if you want to be first, you must become a slave (Mark 10:43-45). He gave us the model of servant leadership, speaking the truth in love, calling sin out yet loving the sinner through it.

- *1:1*

The one-on-one (1:1) is a core concept in our discipleship-model-centric community. A 1:1 is a meeting between two people ideally in-person and for a minimum of 45 minutes to 1 hour. The purpose of this is to facilitate digging deeper into topics being covered in groups, accountability, confession of sin, and advice-giving. This is a key part of the discipleship model. The term we have experienced in the past is “doing life together”. This was a sentiment that I heard often, yet seldom experienced truly doing life together. The experience was often more like doing Tuesdays together. This 1:1 should ideally be in-person, weekly, for a minimum of 45 minutes to 1 hour. The minimum we want to shoot for is biweekly alternating between in-person and virtual/phone call, resulting in a minimum of monthly in-person 1:1 meetings. The goal of this experience is to facilitate getting deeper into truly doing life together and achieve effective discipleship and disciple-making.

- *12-3-6-9*

The 12-3-6-9 is an accountability structure derived from the military expression “I’ve got your six”, meaning “I’ve got your back”. We took this concept a little farther. In the context of discipleship, who are you modeling after, who is discipling you - this is your 12. Who are you modeling for, who are you discipling? You are farther along than someone, and we should be striving to be a guide for someone else just as others have been for us - this person is your 6. Who are your battle buddies? Who is coming alongside you, someone you’re in a similar life stage as that you are struggling alongside, fighting arm and arm with - this is your 3 and 9. Like the numbers on a clock face, someone should be discipling you (12), you should be discipling someone (6), and you should have at least 2 brothers-in-arms fighting alongside you (3 & 9). This 12-3-6-9 group is your accountability group, your inner circle that you reach out to when you want to share struggles,

- *Drawing out your group*

As disciples of Christ we model Him. In scripture we see Christ had the 12 Apostles as his greater circle and then within that he had the three (Peter, James, & John) that were arguably his closest three that He spent more time and energy with. With that in mind, we should each have 3 within the inner circle and 12-15 within our greater circle. The practice of drawing out our group is just that - who are your 12-15, who is in your greater circle, who is in your sphere of influence, that you interact with on a regular basis? This could be battle buddies that you are in a group with, could be men in a group you are leading, or could be

accountability partners. And secondly, who is your 3, who is in your inner circle, who are the guys that you call at 3:00 am when the proverbial crap hits the fan, the guys who know your story, who know all your crap, and who have the emotional and spiritual equity in your life to call you on your stuff, who have your ear, and are your closest brothers. These groups don't always stay the same. People come and people grow and move on to new phases of life. That is why the practice of drawing out your group helps crystalize who in your life you should be spending your attention and effort connecting with most.

- *D.E.D.I.C.A.T.E. Discipleship -*

- **Discovery**: discover the problem, discover or dire need for transformation
- **Exposure**: expose the reality of your situation, breaking denial, commitment to reality
- **Definition**: define the false self/true self and the ways it shows up in your past and your limbic brain
- **Identification**: identifying the false self in real life scenarios and situations
- **Confirmation**: confirm the true identity you were given by God, who He made you to be, based in scriptural truth
- **Application**: apply what you've learned about the false self and seeing it in your life by inserting true identity component
- **Transformation**: experience the transformation into the new, true self by setting it come to surface in daily life
- **Example**: extend the grace God's extended to you by sharing what you've learned with others around you in bondage; example Transformation for those around you; visible fruit

- *DNAs (Disciplines Nurtured Actively)*

DNAs are "disciplines nurtured actively". We as a ministry believe that discipline is part of discipleship and obedience to God. As we see in Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." Discipline leads to a harvest of righteousness and peace. But in order for it to produce such a harvest, we must be trained by it. These disciplines are not boxes to check in order to unlock a certain level of "goodness" or "rightness" or Christianity, but rather the physical representation of obedience to Christ due to his profound Grace present in our lives. This is achieved by regular, consistent

application of the following practices and the tracking of success in these practices:

- **Journaling** - journaling gives us a place to practice vulnerability and openness within a safe space free of judgment or repercussion. Journaling helps us practice the art of being aware, being in touch with our thought processes and heart condition, and being able to articulate what we are thinking and feeling.
- **SWORD drills** - the SWORD drill is a daily scripture practice based in the ancient practice of “lectio divina”. This means we are coming to scripture with a reflective, meditative approach to allow ourselves to be ministered to by scripture as opposed to a more modern westernized approach to scripture of checking a box in the morning. Rather than reading scripture, we want to let scripture read into us. The SWORD drill is an acronym that is explained as follows:
 - **S**cripture - read the scripture and physically write it out. There is something that happens to us neurologically when we physically write something down. It is more permanently etched into our brains and we can more readily recall it.
 - **W**ait - take a short amount of time to meditate on the scripture and write down any word or words, as few or many as they may be, that come to mind as I allow this scripture to minister to me and challenge me.
 - **O**bserve - Writing what you observe clarifies the thought processes and involves another area of your brain. Read the passage again and write out what you have observed. Write down every word that comes to your mind; no matter how strange. Let the Holy Spirit fill you with His knowledge.
 - **R**equest - It is only through the help of the Holy Spirit that you can see how Scripture applies to your life. This is not an academic process but a process of the heart. You are specifically asking the Word to read you. This is a supernatural process that frequently triggers a neurochemical cascade of new understanding where your mind is being renewed. Write out your request.
 - **D**edicate - The one thing that moves us from simply being touched by God to truly being changed by God is the commitment of our heart and will. Trying harder will never move us — head us in the right direction — when it comes to breaking free from our sexual

struggles. But once the Holy Spirit turns our heart, heading us in the right direction, dedicating ourselves to that direction in life will change us. Write out your dedication.

- **FASTER scale** - The FASTER scale is a tool used in our small group environment to help participants identify as they go throughout their days where they're at emotionally, physically, mentally, and spiritually, and how this can help them identify times that they may be more susceptible to or more likely to relapse without correction. Adapted from the Genesis Process by Michael Dye and goes as follows:

- **RESTORATION** (Accepting life on God's terms, with trust, vulnerability, and gratitude.)
 - No current secrets
 - Working to resolve problems, identifying fears/feelings
 - Keeping commitments to meetings, prayer, family, church, people, goals, and self
 - Being open and honest, making eye contact
 - Reaching out to others
 - Increasing in relationships with God and others
 - True accountability
- **FORGETTING PRIORITIES** (Start believing the present circumstances and start moving away from trusting God. Denial, flight, a change in what's important, how you spend your time and what you think about.)
 - Secrets
 - Less time/energy for God, meetings, church
 - Avoiding support and accountability people
 - Superficial conversations
 - Sarcasm
 - Isolating
 - Changes in goals
 - Obsessed with relationships
 - Breaking promises and commitments
 - Neglecting family
 - Preoccupation with material things: TV, computers, other entertainment
 - Procrastination
 - Lying
 - Overconfidence
 - Bored
 - Hiding money

Forgetting Priorities will lead to:

- **ANXIETY** (A growing background noise of undefined fear; getting energy from emotions.)
 - Worry, using profanity, being fearful
 - Being resentful
 - Replaying old negative thoughts
 - Perfectionism
 - Judging others' motives
 - Making unrealistic goals and to-do lists
 - Mind-reading
 - Fantasy, codependent rescuing
 - Sleep problems, trouble concentrating, seeking drama
 - Gossip
 - Using OTC medication for pain/sleep/weight control
 - Flirting

Anxiety then leads to:

- **SPEEDING UP** (Trying to outrun the anxiety, which is usually the first sign of depression.)
 - Super busy and always in a hurry (finding good reason to justify the busyness), workaholic, can't relax
 - Avoiding slowing down
 - Feeling driven
 - Can't turn off thoughts
 - Skipping meals
 - Binge eating (usually at night)
 - Overspending
 - Can't identify own feelings/needs
 - Repetitive negative thoughts
 - Irritable
 - Dramatic mood swings
 - Too much caffeine
 - Over-exercising
 - Nervousness
 - Difficulty being alone &/or with people
 - Difficulty listening to others
 - Making excuses for having to "do it all"

Speeding Up then leads to:

- **TICKED OFF** (Getting adrenaline high from anger and aggression.)
 - Procrastination causing crisis in money, work, relationships
 - Increasing sarcasm
 - Black and white (all or nothing) thinking
 - Feeling alone
 - Nobody understands
 - Overreacting, road rage
 - Constant resentments

- Pushing others away
- Increasing isolation
- Blaming
- Arguing
- Irrational thinking
- Can't take criticism
- Defensive
- People avoiding you
- Needing to be right
- Digestive problems
- Headaches
- Obsessive (stuck) thoughts
- Can't forgive
- Feeling superior
- Using intimidation

Ticked Off then leads to:

- **EXHAUSTED** (Loss of physical and emotional energy; coming off the adrenaline high, onset of depression.)
 - Depressed
 - Panicked
 - Confused
 - Hopelessness
 - Sleeping too much or too little
 - Can't cope
 - Overwhelmed
 - Crying for "no reason"
 - Can't think
 - Forgetful
 - Pessimistic
 - Helpless
 - Tired
 - Numb
 - Wanting to run
 - Constant cravings for old coping behaviors
 - Thinking of using sex, drugs, or alcohol
 - Seeking old unhealthy people & places
 - Really isolating
 - People angry with you
 - Self abuse
 - Suicidal thoughts
 - Spontaneous crying
 - No goals
 - Survival mode
 - Not returning phone calls
 - Missing work
 - Irritability
 - No appetite

Exhausted then leads to:

- **RELAPSE** (Returning to the place you swore you would never go again.)
 - Giving up and giving in
 - Out of control
 - Lost in your addiction
 - Lying to yourself and others
 - Feeling you just can't manage without your coping behaviors, at least for now
 - Result is reinforcement of shame, guilt, and condemnation, and feelings of abandonment and being alone
- **Check-ins** - checking in with members of your group is an expectation within our small group setting. PD asks each man to call each of the other members of his group every week. R12two asks for 3 per week. Three times per week each participant should make a 10-15 minute phone call to another man and just check in with how he's doing. The check-in call is a proactive step to maintain one's own accountability, so it wouldn't be "hey man, how are you doing," but rather "hey man, here's where I'm at this week." If there's enough time for both men to check in then great, but each man should have the proactivity of calling three men per week to keep his own accountability. If a participant calls someone and they don't connect, then that does not count as a check in. Although we applaud and encourage the attempt, we are looking for three connections, not three attempts. Below is a check-in guide provided by PD. A check in call does not have to follow this exact format, but should include an identification of where on the FASTER scale the participant calling is as well as a general synopsis of what challenges he is currently facing, how he's dealing with those challenges, and how his recovery is going. See below:
 - **WEEKLY PD GROUP CHECK-IN:**
 - 1. What is the lowest level you reached on the Faster Scale this week?
 - 2. What was the Double Bind you were dealing with?
 - 3. Where are you on your Commitment to Change you made at the end of our last meeting?
 - 4. Have you lied to anyone this week either directly or indirectly?
 - 5. If you are married, what have you done to improve your relationship with your wife this week?
 - 6. What area do you need to change or what challenge are you facing next week?
 - A. What will it cost you emotionally if you do change?
 - B. What fear do you feel with what you have chosen to change?

- C. What will it cost you if you don't change?
 - D. What is your plan to maintain your restoration regarding these changes?
- 7. Who will keep you accountable to this commitment?
What are the details of your accountability for this week?
What questions should they ask you?
- **DPTs** (Dedicated Pockets of Time) - A dedicated pocket of time is where you schedule in and set aside time to do these disciplines, including but not limited to, SWORD drills, scripture memorization, group work and discussion questions, FASTER scale, check-in calls, and journaling. The key here once again is proactivity and intentionality. If we say "oh, I'll just fit it in somewhere in my morning routine, then what inevitably happens is other things come along and distract us or take our attention and time away from those disciplines leaving us scrambling the rest of the day to find time to catch up. This is what we would call a "floating pocket of time". It may happen and it may not, usually it doesn't. And so to be intentional and proactive, we encourage participants to set aside time where they can dedicate themselves to this work and this process. For instance, one may decide to get up a little earlier and set aside 5:45-6:30 in the morning to do these things. That would be a dedicated pocket of time, or a DPT.
- **Scripture Memory** Scripture memorization is a key discipline that accomplishes the storing up of the Word in our hearts. As said in Matthew 12:34, "...out of the overflow of the heart the mouth speaks." And also as is said in Luke 6:43-45, "No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit...The good man brings good things out of the good stored up in his heart...For out of the overflow of his heart his mouth speaks." We cannot give away what we do not have. Therefore, if we do not have the Living Word of God stored up in our hearts, how can we pass it on to others? Scripture memory helps move the Living Word into our brain so that we know that we know that we know when trials and challenges come it will be the good fruit of the Living Word that overflows from our mouths because it is stored up in our hearts.
- **Days of sobriety** We track days of sobriety not as a way of shaming or adding to shame, but as a way of celebrating even the smallest of victories. If a man had previously only been able to go maybe one week between relapses, we track so that we can encourage the +1 mentality. Let's get one more day...then celebrate the victory. Then let's get one more day...then celebrate the victory again! Too often people get fixated on the sin management aspect of addiction recovery and miss the opportunity to build up and celebrate the victories along the way.

Suggested additions to DNAs or items to graft into current ones

- *Community Covenant*
- *Commitment to Change* -
- *Covenant to Contend* - I'm staring at a battle that I never thought I'd have to admit is mine. Sexuality is the war, and the outcome of this battle will not only affect me, but can either positively or negatively affect those that I love the most. Beginning today, I am choosing to step out of the darkness and into the light. I choose to pursue integrity, purity, honor, and Godly character.

I understand that battles cannot be won in isolation. Much like Moses needed the strength and support of Aaron and Hur, I need the support of my brothers and sisters in Christ. Today, I surrender everything. I am proactively choosing to lean on God for His wisdom and counsel, while learning that it's okay to rely on others for prayer and support as I walk through the process of renewing my mind.

My Responsibilities:

- Get connected to a group that meets weekly
- Take full responsibility for my choices; avoid blaming others
- Remain cognizant of things around me and make healthy choices regarding what I look at, hear, and focus my attention on
- Verbally communicate my thoughts and feelings
- Reach out to the members of my group between small group meetings
- Put my flesh aside and recognize that, in pursuing Christ, I am pursuing his righteousness and holiness
- Be honest at any cost

Realities I Must Accept:

- Healing will take time, and I cannot expect results to happen overnight
- This journey will require me to reevaluate my past in order to heal from the things that impacted me the most
- I can fall back into my addiction
- Relapse does not mean that my story ends in defeat. Though I may face consequences, I can continue the healing process
- Others feel the effects of my sinful choices
- Maintaining secrets creates distance between God, others, and myself
- Exposing the lies, guilt, and shame in my life is required if I want to be free from the bondage of sexual sin

I Will:

- Commit to confidentiality. What is said in the group stays in the group
- Make goals for myself and faithfully pursue healing and change
- Be completely honest with others, myself, and God
- Spend time with the Lord daily through reading Scripture, prayer, and worship
- Grow in my knowledge by watching videos, reading books, listening to podcasts, and attending conferences/seminars
- Commit to a life of sexual integrity according to God's original design and purpose
- Commit to helping other men as I begin to experience freedom

- *Memo of Understanding* -
 - Participant Memo of Understanding

• Resource pages

- Core curriculum resources
 - Conquer Series
 - SoulRefiner.com
 - Warpath
 - SoulRefiner.com
 - 7 Pillars of Freedom
 - PureDesire.org
 - Discipleship for Leadership
- Elective curriculum resources
 - Wild at Heart
 - WildatHeart.org
 - Becoming a King
 - BecomeGoodSoil.com
 - Fathered by God
 - WildatHeart.org
 - Stronger Together
 - SoulRefiner.com
 - Betrayal and Beyond
 - PureDesire.org
- List of recommended reading
 - See list from Christopher and Nicholas [here](#)
- List of partner organizations
 - Partner Ministries

- Pure Desire Ministries
- Wild at Heart
- Become Good Soil
- Soul Refiner
- 101.1FM The Bridge Austin
- Counselors
 - Head 2 Heart Ministries, Dr Al Jones, PhD
 - Char Wittenberg, LPC
- Coaches
 - Freedom Culture Coaching, Terri Linzenmeyer

- List of recommended podcasts (?)

- **Content Citations**